

## Reviewing Physical Education Rules and Procedures

The beginning of the year is such an important time for establishing the ground work for a successful experience in Physical Education. I have pictures that I use to help children remember the basic rules. We spend time discussing them and playing games that help the children identify the graphics and repeat the rules.

Pictures include:

**Inspector Respect:** Reminds children to listen and follow directions so everyone can be safe, learn, and have fun! Respect the right of others to learn.

**Topsy Turtle:** Emphasizes trying your best.

**Shoo Fly:** Reminds children not to tattle. We discuss the difference between telling and tattling.

**Happy Hearts:** Emphasizes treating each other with kindness. To have friends, one must be a friend.

**Private Space:** This is the small space around our bodies that allows us to work without touching others.

**General Space:** This is the large space that our class will work in for the day. Sometimes we use the whole gym and sometimes only part of it.

**Oops and Daisy:** These are two ducks that help children self evaluate their day in Physical Education as they leave the gym. If they feel they had a good day, they touch Daisy and say, "Daisy Day." If they have a day they feel they did not try their best, then they may choose Oops and say, "I'll try harder tomorrow." Touching in the middle is always an option.



On the first day of class, students are read the book "Come Along Daisy," by Jane Simmons. I use this book to help children understand that I will be the mommy duck during the school year and they will be my baby ducks.

**(Please see more photos below.)**



Students learned about Oops and Daisy. They moved in different ways around the room and listened for the “quacker” so they could quickly return to the mommy duck.



We played a game where students moved around the gym using different locomotor movements. When the music stopped, I repeated the rule and they found the picture that identified the rule. We finished the day saying the “P.E. is right for me” cheer when lining up. We use this cheer to identify our right hand and to receive our stamp at the end of the class.

It’s going to be another great year!